

Deskercise - HealthandWellbeing@Work 2010

I spend my time divided between organising health at work days, practising therapies and sitting at my desk crunching out the paper work. The days I spend treating others area great insight into ho our work affects our bodies and in turn our whle being. We sit hunched shoulders up around our ears and in fact this is quite visible when employees come in for a treatment. In addition t th damage this can do to our physica structure of our bodies, it als has knock on effect on our physioloty, our breathing changes and because f muscular tension it becomes shallw an fast, resulting in lack of oxygen to the brain and body and hay presto, we don't perform at our peak!

Finding 5 minute a day is critical, if your company can organize a workplace yoga, pilates or fitness class then fantastic, if they do and you still can' tmake it you can try some really simple exercised at your desk or inbetween watching the tele in the evening.

Before Exercising it is important to remember your limits, if you have any specific injuries to a particular area, do not exercise it. Take it gently and listen to your body.

Start by placing your feet flat on the floor, take awareness to your shoulders—let them drop down your back.

Relax your jaw and chin.

Now breathing in roll your shoulders forward, and breathing out roll your shoulders back and down. Repeat this 5 times.

Now let's take some care of our eyes.

Roll eyes in big circles, clockwise and anti clockwise. This can feel a bit weird, it is good exercise for the small muscles in the eye.

Now look up to the top left, and down to the bottom right

Look up to the top right, and down the the bottom left.

Now Rub your hands together and cup your hands, placing them over your eyes, relax for a minute or so.

Deskercise - Cntd.

Now lets work the neck area, common problem area for many. Bend head forward, roll left ear to shoulder (not all the way around) Back to centre and roll right ear to right shoulder.

Interlocking your fingers place your joined hands at the back of your neck and imagine a figure of eight on its side. Your job is to trace this figure of 8 with your nose, with small movements one way and then the other, supporting your neck with your interlocked fingers/hands. I love this one!

Now shoulder squeezes. Start at the nape of the neck and work out along the left shoulder and down into the arm squeezing as gentle or hard as you wish—repeat on the right hand side.

Wrists - holding the left out in front of you, take hold of your fingers and pull gently back giving a good stretch to the wrist and forearm, now point fingers down and pull gently stretching and opening out the wrist. Repeat on the right arm, using your left hand to pull gently. You can do wrist circles also, or trace the alphabet with your hands!

Arms now, lets stretch up reach up with fists and then with open fingers.

For the waist we are going to make a prayer above our heads and gently lean to the left, back to the centre and then out to the right, repeat and relax.

To stretch the chest we can grip on to the chair we are sitting in, by our thighs and lift our chest, if possible and comfortable dropping head back and looking up. Be careful if you have a neck problem or low blood pressure.

Legs—lifting your left leg—stretch toes forward and then up to the ceiling, repeat on the right. Yu can trace the alphabet with your toes also.

Cupping—wake yourself up with a gentle cup. Make a cup shape with your hand and gently but firmly pat yourself all over with your cupped hand. It should make a nice sound of a horses hoof.

Cross Crawl. Standing lift your left leg and swing your right arm over to meet your knee, return them to their positions and now lift your right leg and swing your left arm over to meet your right knee, continue the alternate crossings—quite literally like crawling whilst standing!

Get in contact if you have any questions. Victoria